

# Personal Lifestyle Applications Workbook

## Sample Page

It is assumed that anyone interested in this information likely has decided to move in a more positive direction. However, for many of us, there may be just one aspect of our life that we need to improve to allow us to move forward more quickly. After joining us on this journey, hopefully, you are now at the position to want to explore further about how you may personally apply what has been shared.

Within the text of the previous chapters of *Care for the Caregiver: My Wellness Journey with Healing is Voltage*, you have the opportunity to link to the QR Codes as we invite you to delve deeper for personal lifestyle options. We encourage you to consider the advantages and investment in preventive healthier choices compared to the cost of chronic debilitating symptoms, pain, and illness. Most would agree with Dr. Tennant after following his paradigm shift that **Healing is Voltage and Health is Wealth!**

### **What are our priorities? The bottom line is more than money!**

The following information may provide even more motivation for seeking wellness over an illness. According to a recent study by Johns Hopkins, more than 250,000 people in the United States die every year because of medical mistakes, making it the third leading cause of death after heart disease and cancer. Other studies report much higher figures, claiming the number of deaths from medical error to be as high as 440,000. Taking responsibility, seeking the freedom of choice for our own and the health of our loved ones, ought to be our priority. Investing in wellness seems to be a given and one that we seriously consider.

What are the national and personal costs for chronic debilitating conditions and disease compared to the investment in wellness?

According to the National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP), 90% of the nation's 3.5 trillion in annual health-care expenditures are for people with chronic and mental health conditions. According to the Center for Disease (CDC), chronic diseases have significant health and economic costs in the United States. Preventing chronic diseases,

or managing symptoms when prevention is not possible, can reduce these costs. It is our intention to help with this challenging scenario.

What are some cumulative costs related to the following conditions reported by the CDC? **Open the Personal Lifestyle Applications for details...**

Heart Disease and Stroke, Cancer, Diabetes, Obesity, Arthritis, Alzheimer's Disease, Epilepsy, Tooth Decay and Malocclusions, Lack of Physical Activity, Excessive Alcohol Use, as well as, Mental and Emotional Conditions.

**What are some personal out-of-pocket expenses that individuals pay annually for chronic disease?**

**What is the cost of chronic pain?**

**How many conditions are preventable and manageable without the use of drugs?**

Aside from unavoidable accidents and natural disasters, etc., Dr. Tennant teaches that almost all chronic conditions are preventable and even reversible, and that pain is a signal of low voltage. Most chronic conditions also involve chronic pain. He teaches the paradigm-shifting thinking related to a straightforward approach to wellness. He researched and discovered that when we provide our body with the voltage and raw materials needed to create a new and healthy cell, the body is designed to regenerate. Dr. Tennant's system (to successfully help patients improve their health and wellness) is based on the following principles:

The body does not achieve wellness by making damaged cells work correctly. It does so by producing new cells that work correctly. The process of rebuilding a new and healthy you is based on the fact that the body is constantly replacing itself. Your body grows new retinal macular cells every two days, new skin every six weeks, a new liver every eight weeks, and new nerve cells every eight months. As each new cell is built, the body seeks proper building materials from which to construct the cell. If the body cannot find good healthy materials, then it will use whatever is available. To make new cells, the body must have raw materials (nutrition) and sufficient cellular energy to use the materials. If either of these is lacking, pharmaceuticals and/or surgeries will not help.

After reading the potential related costs and misery associated with illnesses, we may evaluate that investing in a healthier lifestyle is much more affordable. Please also factor in the costs related to our younger population when parents are too ill to take proper care of their children. What is the ripple effect of loving and investing in providing a healthy environment to reach and teach youth about healthier choices? We believe in creating the leaders of tomorrow begins with teaching and exemplifying healthy examples through self-development and supplemental education at home. To create an environment for our youth that nurtures loving and trusting relationships and provides the health and wellness every child deserves. As we help youth move from dependency to independence and interdependent maturity, we provide them with the skills of how to love themselves and others well. Through living, loving, learning, and leaving a legacy, we achieve our personal and professional missions on many levels.